

MARCH 2026 FOOD MENU

2 MARCH 2026, Monday	3 MARCH 2026, Tuesday	4 MARCH 2026, Wednesday	5 MARCH 2026, Thursday	6 MARCH 2026, Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Irmak-Style Fried Pastry with Milk Organic Boiled Egg Pınar Labneh & Triangle Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Sliced Fresh Tomato Çengelköy Cucumber Linden Tea-Pınar Milk (UHT)	Scrambled Eggs Fresh Kashar Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Plain Pastry (Açma) Organic Boiled Egg Ezine White Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Omelette with Potatoes String Cheese (Dil Cheese) Ayvalık Green Olives Gemlik Black Olives Pınar Butter Tahini with Grape Molasses Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Pancakes Organic Boiled Egg Ezine White Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Lentil Soup Grilled Meatballs Pasta with Sauce Organic Ayran Olive-Oil Braised Okra Olive-Oil Braised Leeks Dill Orzo Salad Antep-Style Lentil Köfte Chicken Salad with Creamy Dressing Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt	Tomato Soup Slow-Cooked Beef Tandoor Rice Pilaf with Vermicelli Organic Ayran Stewed Pinto Beans in Olive Oil Olive-Oil Stuffed Peppers Spinach Tarator Pasta with Manti-Style Yogurt Sauce Aegean Salad with Cheese Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt	Chicken Broth Soup Beef & White Bean Casserole Rice Pilaf with Orzo Fig Pudding Olive-Oil Braised Sultan Reşat Beans Olive-Oil Braised Celery Carrot Tarator Arnavut-Style Fried Liver Caesar Salad Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt Organic Ayran	Ezogelin Soup Hungarian-Style Kebab Saffron Bulgur Pilaf Cyprus Dessert Olive-Oil Braised Bombay Beans Olive-Oil Braised Broccoli Antep-Style Spicy Ezme Adıyaman-Style Lentil Köfte Tuna & Arugula Salad Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt Organic Ayran	Yogurt & Herb Soup Chicken Tantuni Spaghetti with Tomato Sauce Organic Ayran Olive-Oil Fried Mixed Vegetables Olive-Oil Hummus Arugula Salad with Cheese Hatay-Style Bulgur Salad Çilbır (Poached Eggs with Yogurt) Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt
SNACK	SNACK	SNACK	SNACK	
Apple Pie Fruit	Cocoa Cake Fruit	Baton Salé Fruit	Savory Mahlab Cookie Fruit	

MARCH 2026 FOOD MENU

9 MARCH 2026, Monday	10 MARCH 2026, Tuesday	11 MARCH 2026, Wednesday	12 MARCH 2026, Thursday	13 MARCH 2026, Friday
BREAKFAST				
Irmak-Style Fried Pastry with Milk Organic Boiled Egg Pınar Labneh & Triangle Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Sliced Fresh Tomato Çengelköy Cucumber Linden Tea-Pınar Milk (UHT)	Scrambled Eggs Fresh Kashar Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Homemade Bread Organic Boiled Egg Ezine White Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT) 	Omelette with Potatoes String Cheese (Dil Cheese) Ayvalık Green Olives Gemlik Black Olives Pınar Butter Tahini with Grape Molasses Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Plain Poğaç Organic Boiled Egg Ezine White Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT) 
LUNCH				
Lentil Soup Dumplings with Yogurt Sauce Stewed Pinto Beans in Olive Oil Profiterole Olive-Oil Braised Celery Olive-Oil Braised Green Beans Dill Orzo Salad Adıyaman-Style Lentil Köfte Chicken Salad with Creamy Dressing Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt Organic Ayran	Ezogelin Soup Beef Döner with Pan-Fried Potatoes Butter Rice Pilaf Organic Ayran Olive-Oil Braised Sultan Reşat Beans Olive-Oil Fried Mixed Vegetables Antep-Style Spicy Ezme American Salad Quinoa & Wheat Salad Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt	Traditional Lamb & Yogurt Soup Ground Beef & Lentil Stew Istanbul-Style Rice Pilaf Sütlü Nuriye Dessert Olive-Oil Fried Vegetable Medley Olive-Oil Braised Leeks Beet Yogurt Salad Arnavut-Style Fried Liver Caesar Salad Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt Organic Ayran	Chunky Vegetable Soup Kadınbudu Meatballs Vegetable Noodles Organic Ayran Olive-Oil Braised Broccoli Olive-Oil Stuffed Eggplant (İmambayıldı) White Cabbage Salad Spinach Tarator Tuna & Arugula Salad Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt 	Yogurt & Herb Soup Chicken "Calamari-Style" Strips Spaghetti with Sauce Organic Ayran Olive-Oil Braised Zucchini Stew Olive-Oil Braised Brussels Sprouts Olive & Corn Salad Hatay-Style Bulgur Salad Pasta with Mantri-Style Yogurt Sauce Aegean Salad with Cheese Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt
SNACK				
Sesame Puff Pastry Sticks Fruit	Lemon Cake Fruit	Braided Cookie Fruit	Raisin Cookie Fruit	

MARCH 2026 FOOD MENU



16 MARCH 2026, Monday	17 MARCH 2026, Tuesday	19 MARCH 2026, Wednesday	19 MARCH 2026, Thursday	20 MARCH 2026, Friday
		MID-TERM BREAK		

MARCH 2026 FOOD MENU

23 MARCH 2026, Monday	24 MARCH 2026, Tuesday	25 MARCH 2026, Wednesday	26 MARCH 2026, Thursday	27 MARCH 2026, Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Irmak-Style Fried Pastry with Milk Organic Boiled Egg Pınar Labneh & Triangle Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Sliced Fresh Tomato Çengelköy Cucumber Linden Tea-Pınar Milk (UHT)	Scrambled Eggs Fresh Kashar Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Plain Pastry (Poğaç)  Organic Boiled Egg Ezine White Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Omelette with Potatoes String Cheese (Dil Cheese) Ayvalık Green Olives Gemlik Black Olives Pınar Butter Tahini with Grape Molasses Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Pancakes  Organic Boiled Egg Ezine White Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Lentil Soup  Beef Fajita Rice Pilaf with Orzo Organic Ayran Olive-Oil Fried Mixed Vegetables Olive-Oil Braised Leeks Antep-Style Spicy Ezme Antep-Style Lentil Köfte Chicken Salad with Creamy Dressing Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt	Traditional Lamb & Yogurt Soup Chickpeas in Casserole Plain Rice Pilaf Cacık (Cucumber Yogurt Dip) Olive-Oil Braised Okra Olive-Oil Braised Stuffed Eggplant Carrot Tarator Crispy Turkish Dumplings Caesar Salad Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt Organic Ayran	Ezogelin Soup Akatepe Meatballs Spaghetti with Sauce Chocolate Custard with Cake Pieces Olive-Oil Stuffed Peppers Olive-Oil Braised Broccoli Quinoa & Wheat Salad Arnavut-Style Fried Liver Tuna & Arugula Salad Aegean Salad with Cheese Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt Organic Ayran	Yogurt & Herb Soup Oven-Baked Chicken Drumsticks Tavern-Style Rice Pilaf Organic Ayran Olive-Oil Braised Zucchini Stew Olive-Oil Braised Celery Antep-Style Spicy Ezme Spinach Tarator Adıyaman-Style Lentil Köfte Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt	Chunky Vegetable Soup Hamburger Pan-Fried Potatoes Organic Ayran Olive-Oil Braised Sultan Reşat Beans Olive-Oil Braised Spinach Arugula Salad with Cheese Hatay-Style Bulgur Salad American Salad Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt
SNACK	SNACK	SNACK	SNACK	
Cocoa Cake Fruit	Cracked Cookie Fruit	Savory Mahlab Cookie Fruit	Moist Chocolate Cake Fruit	

30 MARCH 2026, Monday	31 MARCH 2026, Tuesday			
BREAKFAST		BREAKFAST		
Irmak-Style Fried Pastry with Milk Organic Boiled Egg Pınar Labneh & Triangle Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Sliced Fresh Tomato Çengelköy Cucumber Linden Tea-Pınar Milk (UHT)	 Scrambled Eggs Fresh Kashar Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)			
LUNCH		LUNCH		
 Ezogelin Soup Adana Kebab Bulgur Pilaf with Tomato Organic Ayran Olive-Oil Braised Broccoli Olive-Oil Braised Okra Eggplant Salad Herbed Bulgur Salad Chicken Salad with Creamy Dressing Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt	Yogurt & Herb Soup Grilled Chicken Thigh Bead-Shaped Pasta Organic Ayran Olive-Oil Fried Vegetable Medley Olive-Oil Braised Celery Carrot Tarator Pickled Orzo Salad Eggplant Salad Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt			
SNACK		SNACK		
Savory Cookie Fruit	Carrot Cinnamon Cake Fruit			

MARCH 2026 FOOD MENU



Important Notes:

- The bread served at lunch is sourced from Halk Ekmek. Pınar milk is served at BREAKFAST.
- Our baked goods are prepared using whole wheat and rye flour with multiple grains. No additives such as sweeteners or bouillon are used in any of the products served.
- Fruit is served as an alternative during afternoon snacks. Seasonal fruits are served buffet-style in the dining hall between 10:00-11:30 and 14:00-15:30.
- For our kindergarten students aged 3, 4, 5, and 6, only milk and chamomile tea are served at breakfast and during meals.
- "Qualified Education Institutions Inc. ("Irmak Schools") will process your personal data, including your name and surname, collected through this FOOD MENU in accordance with the Personal Data Protection Law No. 6698 ("KVKK") and the relevant legislation in force; it will be processed solely for the purpose of informing you about which meals will be served daily and will be shared only with authorized public institutions and organizations. Your personal data that you have shared will be stored for the duration required for the processing purpose, subject to the periods stipulated by the KVKK and other relevant legislation. For your rights and requests regarding the processing of your personal data during the term of your employment contract, please review the Irmak Schools Employee Information Text in the Personal Data Protection section on our website.

Head chef
Muzaffer Ergün

Project Manager
Tuncay Özen

Food Engineer
Bülent Durmuş

Dietitian
Esin Kara

**School Menu Committee
Chairperson**
Metin Yoleri